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THE LEMON GROVE REVIEW

Vol. 51, No. 4

The McGwire Andro Flap

It may be legal, but is it safe?

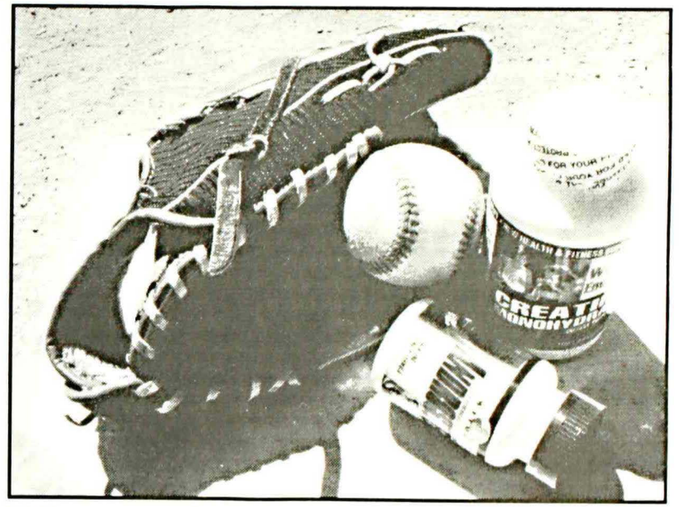
by Jason Williams

Mark McGwire's trek to 62 home runs has not only brought baseball back into the spotlight, but has also raised questions about the methods and training involved in major league baseball.

Words such as androstenedione and creatine have hit headlines and dominated conversations with the average citizen realizing that these performance boosting supplements are legal on the field.

McGwire's acknowledgment of using Androstene ("Andro" for short) and homerun contender Sosa's use of creatine have sparked debate, primarily between players and civilians of the sport – whether an Rx should be denoted beside the name of record breakers using performance enhancing supplements, whether or not it is ethical to have pharmaceutically enhanced players on the field and what kind of example these role models are setting for their millions of young fans.

East County residents do not have to look far to see effects and use of these supplements, they can look into the community and see performance enhancing supplements are not just for the big boys.



Whether creatine and Androstene (above) should be allowed to be used by players in sports is the subject of much debate. As of now, at the professional level, only baseball allows their use, since they are still available over-the-counter.

Photo by Jason Williams

Andro and creatine are not prescription medication, nor are they monitored by doctors under regulated use; they are available over the counter.

Some nutritional stores, such as GNC, have sent out memos to their branches stating that they can not carry Androstene because it has not been thoroughly tested, though they do carry creatine.

Grossmont Nutrition at Grossmont Center carries Androstene, but said they had sold out, and heard that other stores had been selling out recently.

The heavily debated supplement is not limited to health stores – it can be purchased for $9.95 at Wal-Mart.

High school baseball players and coaches tend to support the use of Andro and creatine while local sports medicine experts and pharmacists are hailing the supplements as a dangerous gamble with side effects similar to steroids.

Andro allows for a harder workout and is used to increase muscle mass, strength and power – however uniform studies have not been documented. These attractive effects are similar to those in steroids. It also promotes faster recovery from weight training and other muscle building exorcises.

Both males and females produce

Continued on Page 2

Community Notes

Francis Parker grad heads to USC

Trevor Lake of Lemon Grove, a spring graduate of Francis Parker School, will be attending the University of Southern California this fall. Lake was among 85 graduates, 35 of whom received a combined total of $303,300 in merit scholarships for the 1998-99 college year.

Conservation Speech Contest open to students

The Resource Conservation District of Greater San Diego (RCD) is sponsoring its annual conservation speech contest for area high school students Sept. 30 at the Tierrasanta Branch Library.

The topic to be covered in a three to five minute speech is "Backyard Conservation: Which conservation practices can homeowners implement in their own backyards?"

The first place winner receives $50, goes to the area competition on Oct. 14 and could go on to the state competition in November.

Applications are due Sept. 25 at the RCD, 332 S. Juniper St., Suite 110, Escondido CA 92025.

For more information about the speech contest, call Cynthia Mallett or Summer Sorley at (760) 745-2061.

Since 1941, RCD has been helping people protect, conserve and restore natural resources through education, information and technical assistance.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE
Trustee's Sale No. 05-TI-10200 Loan No. 06459-0 FNMA
YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED FEBRUARY 21, 1992 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 23, 1998, 10:00 AM, At the south entrance to the County Courthouse, 220 West Broadway, in the City of San Diego, County of San Diego, State of California, Regional Service Corporation, a California corporation, as duly appointed Trustee under that certain Deed of Trust executed by Michael J. Coen and Olivia H. Coen, husband and wife as joint tenants, as trustors, recorded on March 2, 1992, as Instrument No. 1992-0115134, of official records in the office of the County Recorder of San Diego County, State of California, under the power of sale therein contained, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER for cash, or cashier's check (payable at the time of sale in lawful money of the United States) without warranty express or implied as to title, use, possession or encumbrances, all right, title and interest conveyed to and now held by it as such Trustee in and to the following described property situated in the aforesaid County and State, to-wit: Tax Parcel No. 577-610-03 From information which the Trustee deems reliable, but for which Trustee makes no representation or warranty, the street address or other common designation of the above described property is purported to be 8047 Blossom Lane, Lemon Grove, CA, 91945. Said property is being sold for the purpose of paying the obligations secured by said Deed of Trust, including fees and expenses of sale. The total amount of the unpaid principal balance, interest thereon, together with reasonably estimated costs, expenses and advances at the time of the initial publication of the Notice of Trustee's Sale is $158,630.54. Dated August 26, 1998 Regional Service Corporation, Trustee By Marilee Hakkinen, Treasurer Address of Trustee: 720 Seventh Avenue, Suite 400, Seattle, Washington 98104 Telephone No. (206) 340-2550 Sale Information (206) 654-5545 Pub: 09/01/98, 09/08/98, 09/15/98 CNS1636243

NOTICE OF PETITION TO ADMINISTER ESTATE OF MAXENE TWAY CASE NO. P173158

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of MAXENE TWAY.
A PETITION FOR PROBATE has been filed by ARLENE WATTERS in the Superior Court of California, County of SAN DIEGO.
THE PETITION FOR PROBATE requests that ARLENE WATTERS be appointed as personal representative to administer the estate of the decedent.
THE PETITION requests the decedent's WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.
THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on SEP 21, 1998 at 1:45 p.m. in Dept. 35 located at 220 W. BROADWAY, San Diego, CA 92101.
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.
IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Probate Code section 9100. The time for filing claims will not expire before four months from the hearing date noticed above.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
Petitioner:
ARLENE WATTERS
2027 DARTMOOR DR
LEMON GROVE, CA 91945
(619) 698-0082

Lemon Grove Review
Sept. 10, 15 & 17, 1998

NOTICE OF TRUSTEE'S SALE
Trustee Sale No. 98-01898 Loan No. 7986631 Title Order No. 8253506 APN 480-082-22-00
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED OCTOBER 1, 1993. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On October 6, 1998 at 10:00 AM, ARM Financial Corporation as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on October 13, 1993, Instrument 1993-0680730, of official records in the Office of the Recorder of San Diego County, California, executed by: Richard A. Long, a single man, as Trustor, Federal National Mortgage Association, as Beneficiary, Will sell at public auction to the highest bidder for cash (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state) At: At the south entrance to the County Courthouse, at 220 West Broadway, San Diego, CA., all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: As more fully described in the Deed of Trust. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 7545 Pacific Avenue, Lemon Grove, CA 91945. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: $99,073.76 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. Date: September 13, 1998 ARM Financial Corporation, P.O. Box 85309, San Diego, CA 92186-5309 (619) 452-4900 Christine Slonaker, Assistant Secretary
Pub: 09/15/98, 09/22/98, 09/29/98 CNS1637733

The Lemon Grove Review

Box 127, Lemon Grove, CA 91946 • (619) 469-0101

Published Tuesdays and Thursdays. Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949. Entered as Third Class matter in La Mesa, CA.

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Sports Editor: Mary Rosen
Contributing writers: Cheryl Cohen, Michael Krawczak, Joe Naman, Paul Treske, Betty Jo Tucker

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946.

Lemon Grove Almanac

1994 Population:	**25,100**
Incorporated:	**1977**
Area:	**3.75 sq. mi.**
Median income:	**$34,399**
1996-97 city budget:	**$26.3 million**
1996 taxable sales:	**$265 million**

Mayor:	**Mary Teresa Sessom**
Council:	**Thomas Clabby**
	Craig Lake
	Dwight Shelley
	Jill Greer
City Manager:	**Doug Yount**
Planning Director:	**Linda Niles**
City Attorney:	**Gloria McLean**
City Clerk:	**Christine Taub**
Sheriff's Capt.:	**Yolanda Collins**

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisorial district:
2nd - Dianne Jacob

Libraries:	1
Post offices:	1
Parks	4
Recreation centers	1

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Casa de Oro Fall Festival to be held this weekend

The 21st Annual Casa de Oro Fall Festival will take place Friday through Sunday on the Santa Sophia Church grounds, 9800 San Juan St., Spring Valley. The Casa de Oro Festival is one of the largest events in the East County and admission is free. Seven local, nonprofit organizations host the festival and all proceeds go toward local charity groups. The festival is truly an event for the entire community.

Festival hours will be from 5 - 11:30 p.m. on Friday, noon to 11:30 p.m. on Saturday and noon to 8 p.m. on Sunday.

There will be activities for all ages. The festival begins with an opening ceremony on Friday evening at 5 p.m. The weekend will feature thrill rides, carnival games, non-stop entertainment, a craft village, international foods, a beer garden and dancing nightly to top local bands.

Festival action will continue on Saturday with a good old-fashioned Main Street parade. Instead of "Main Street," this parade will proceed down Campo Road in the center of Casa de Oro. The parade will feature Vic Salazar, news anchor for Channel 7, as the grand marshall. On hand will be award winning local bands and floats from local community groups.

The festival features international food booths will be open throughout the day and there is non-stop entertainment. Saturday will feature a discount wristband, available for only $10 and good for unlimited rides between noon and 6 p.m. Entertainment will begin with the Channel Surfers and line dancing by Patricia and continue with the KSON Flatbed Band and the Rumble Daddies.

Sunday will be Kids' Day from noon to 3 p.m.. This celebration for the family involves free kids' contest every hour. Entertainment for Sunday includes Hank's Mariachi Group, Stangler Big Band sounds and Mid Life Crisis.

Sunday's activities continue with the annual Festival Live Action from 6:30 p.m. to 7:30 p.m. The festival concludes on Sunday with a deep-pit barbecue and the Opportunity Drawing at 7:30 p.m. for the Grand Prize winner of $5,000.

Moon's absence makes zodiacal light visible

Tonight, three bodies, in order sun-Earth-Jupiter, are arranged in straight line in space. As seen from Earth, Jupiter appears at opposition, or 180 degrees from the sun, and is visible all night. This alignment of sun-Earth-Jupiter occurs each time Earth passes between Jupiter and the sun, which happens at intervals of about 13 months (next time: Oct. 23, 1999).

Look for brilliant Jupiter in east-southeast at nightfall, high in south in middle of night, and in west-southwest at dawn's first light. Jupiter is now closer to Earth and brighter (mag. -2.9) than it has been since 1987.

Tomorrow, an hour before sunrise on Thursday, face east to see a slender crescent moon with earthshine visible on its dark side and Mars within 3 degrees to moon's north (upper left).

The star Regulus, heart of Leo, is about 12 degrees to their lower left. The moon will pass closely south (lower right) of Regulus on Friday morning. On Oct. 7, Mars will finally pass within a degree north of the star.

Thursday, an hour before sunup on Friday, find the thin crescent moon low in east with the star Regulus closely to its upper left. Mars is 12 degrees upper right of Regulus. Within 15 minutes, look for Venus 15 degrees lower left of the star. Look again on Saturday.

Saturday morning will be your last chance to see Venus and the moon close together until the early evening of Dec. 19, after Venus has gone around the far side of the Sun.

On Saturday, 40 minutes before sunup, look for the very slender crescent old moon very low, a few degrees north of due east. From the West Coast, Venus will appear less than 1-1/2 degrees to the lower left of the moon's illuminated edge.

On Saturday morning, and the mornings from now through Oct. 3, the moon will be absent from the sky 1-1/2 hours before sunrise, providing a good opportunity to observe the zodiacal light from very dark sites, where there is no interference from artificial light.

Face east just before the first evidence of morning twilight begins to brighten the sky, and look for a very large, softly luminous cone of light with its base near the horizon and its axis near the ecliptic (near Regulus and Mars, extending across Cancer toward central Gemini).

The zodiacal light is caused by the reflection of sunlight off dust particles which are concentrated in the plane of the solar system. The dust particles were supplied by comets and by collisions of asteroids.

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Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

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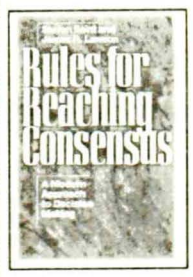
Local Authors



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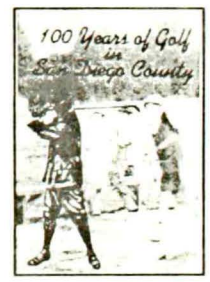

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Local Authors, Box 127, Lemon Grove, CA 91946

Andro

Continued from Page 1

androstenedione naturally in the body through the adrenal glands; it is similar to testosterone.

"The difference between Andro and steroids is in how the body handles it," said Lee Rice of the San Diego Sports Medicine Group in the Alvarado medical plaza.

Andro has a shorter half-life compared to steroids according to Rice, meaning it is in the blood stream for less time.

The directions on the bottle suggest taking Androstene a half an hour before working out for four weeks and then one week off and to repeat this cycle.

"A lot of this is alternative medicine without long term information to support it," said Richard Allen, a pharmacy manager.

Rice agrees and points out that along with similar attractive effects to steroids, the negative effects are also closely related.

"Brain tumors, liver tumors, prostate cancer and masculine side effects such as baldness, lowering voice and achne can occur" said Rice.

He added that fertility is affected, specifically sperm counts in males can decrease and that the effects are the same for women, and, on the whole, irreversible.

He also pointed out that cardiovascular is affected with increased blood pressure and a decrease in the protective cholesterol in arteries. This boosts the likelihood of artery disease.

He said that what he is trying to do is get information out, that there are negative consequences.

"The negative outweighs the positive. People don't talk about the negative – we see the negative and that makes us concerned. Nothing is going to take the place of a nutritious diet and hard work," he added.

Rice talked of seeing one athlete who had been on one six week cycle and had damaged his heart to such a degree that a heart replacement was the necessary treatment.

Rice further noted that there is no way to tell what is a safe method, manner or amount, and that we have no way of knowing what is safe – no way to assure that is no problem. Rice is referring to the lack of testing and research involving supplements such as Androstene.

With all of the known side effects and dangers behind Andro and other supplements, they are still legal in baseball, though several other sports have banned use, including the Olympics.

According to Rice, the reason for baseball allowing this supplement has something to do with lobbying between players and owners.

"They should consider what is in the best interests of their players' health," said Rice, "also the ethics of taking a substance to improve performance."

However, in baseball, they are not breaking any rules.

High school players and coaches seem to agree with the big leagues and support the use of these supplements as a healthy way to increase muscle mass.

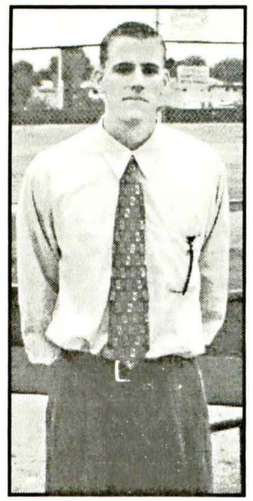
"It (Andro) doesn't have the effect most people think it does," said Helix High School varsity pitcher and first baseman Noah Rolf.

Rolf, a senior, has never used a steroid or supplement in his 12 years playing the sport, four of which have been at Helix.

He admits he has considered creatine to improve muscle mass.

He also said if he were a pro athlete and it was legal in the sport he played, he would try it.

Rolf commented that he had heard of steroid and supplement use on high school campuses, but said he has not had any first person encounters and it is "not really a problem with baseball."



Helix High pitcher Noah Rolf hasn't used creatine ... yet.

Photo by Jason Williams

Helix baseball coach Larry Oedewaldt said, "Creatine is pretty popular at all levels, but steroids are not so common."

Mostly males wanting on put on weight are using the supplements at the high school level, according to Oedewaldt.

When asked if Helix addresses the drug problem he responded, "Yes we do. Helix's drug policy has just changed to a zero-tolerance policy."

Rice said that it's difficult to blame him. He just told the truth.

Rolf commented that McGwire is a great guy with a lot of heart, and while supplements increase muscle mass, you have to have talent to hit home runs.

Rice said that just because baseball allows it doesn't mean it's safe. If there was a safe way, that would be another matter.

"We lack history and knowledge of supplements," said Allen. "I wouldn't want my kids taking it."

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Hale finds less expensive way to win at Cajon

by Joe Naiman

After winning three track championships in the Cajon Speedway's premier classes, Ed Hale has found some advantages of racing in the low-budget division.

Hale, who clinched the Pony Stocks championship Sept. 5, not only holds his costs down, but believes that the Pony Stocks, like the Pinto he drives, provide better reaction opportunity than the Luminas, Monte Carlos and other cars in the Sportsman Division.

"It's not tough. Actually these things are a lot of fun to drive. It's like the old Super Stock days," said Hale of his Pony Stock vehicle.

He noted that these things react real quick. If something happens in front of you, you can miss it, and that in the middle of the corner, these are actually faster than the Sportsmen, but don't go as fast down the straightaway.

Hale remarks that there is a difference of less than two seconds a lap between the Pony Stocks and the Sportsmen, which have been the premier division at the track since replacing the Super Stocks in 1989. The difference in operational costs provides a much greater contrast.

While driving a Sportsman can cost in excess of $1,000 a race, a Pony Stocks driver who doesn't crash too much will cost his car owner about $250 or $300 a night. Two new tires, which Hale suggests buying on a weekly basis, if one wants to win, cost $184, and three to four gallons of racing fuel at $4 to $4.50 a gallon cost about $20 a night.

Ed Hale is the owner of Ed Hale Automotive, an automotive machine shop. Since he is self-employed his earnings rely on the health of the local economy, and, like many East County businessmen, he hasn't seen the end of the recession which has covered most of this decade.

"I can't afford a race car," he said. "I have to drive for somebody else."

The Pinto is owned by Dave Fox, although Hale and his pit crew are responsible for the labor.

The arrangement worked out well last year as Hale finished third in the season's points despite losing six races due to disqualification, as the track's interpretation of what constitutes a dual exhaust takes precedence over the federal and state government definition he followed.

He never raced publicly before the Cajon Speedway began stock car racing in 1961.

However, when he was growing up in the early 1950s, he lived at Renette and Sunshine in El Cajon.

The property was then a five-acre lot and Hale raced on a quarter-mile dirt track on the land.

He commented that El Cajon was remote then and he thought there were three cops in El Cajon – that's all there was.

Hale, who turns 61 in March, was also involved in some drag racing in the mid and late 1950s at a strip called Paradise Mesa (off of Skyline) and in Miramar.

He was working as a bricklayer in 1961. One of his assignments was for Tom Jackman, a partner with the Brucker family in bringing auto racing to the Cajon Speedway. Jackman told Hale that the track was starting a claimer class.

"That sounded like fun so I've been here ever since," noted Hale.

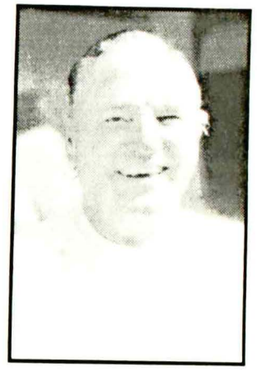
He bought a Studebaker with his paycheck and raced it that Sunday at the Cajon track. Studebaker wheels tend to fall off during racing until one starts putting some steel behind the wheel. In 1964, Hale finally won his first main event.

The Super Stocks class was started in the mid-1960s; in 1970 he won the track championship in that class.

The following year was probably the low point in his career, as he rolled 14 times and broke his neck while racing a Midget car at the Ascot track

Over the years, Hale obtained a personality at the track. Hale's brother is married to the daughter of a former tuxedo rental owner who would pay Hale $50 every time Hale wore a tux to the track. "It used to buy us a tire," he said.

Hale won another Super Stocks track championship in 1986. After the Super Stocks were disbanded Hale drove a Sportsman for car owner Larry Herborne.



Ed Hale

Hale won the 1993 track championship, but two months into the 1994 season Herborne passed away and his wife sold the car.

The sale gave Ricky Johnson a vehicle to win the 1995 Sportsman Stocks championship, but Hale was left without a ride until Fox was willing to finance him.

Hale is the only driver from the 1961 season still racing.

"I'm getting younger. It keeps me younger. I don't feel 60," said the grandfather of 11 and the great-grandfather of two.

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